

means for securing the at least one weight holder to either face of the blade, wherein the at least one weight holder is of a size and configuration as to fit within the surface area of the face to which it is secured.

7. The device of claim 6, wherein the at least one weight comprises a metal portion.
8. The device of claim 7, wherein the at least one weight further comprises a conformable portion that envelopes the metal portion, said conformable portion adapted to conform to the contour of the face to which the weight holder is secured.
9. The device of claim 6, wherein the at least one weight consists of a metal portion, a plastic portion, a rubber portion, a wood portion, a conformable portion or a combination of these, said conformable portion adapted to conform to the contour of the face of the blade to which the weight is secured.
10. The device of claim 6, wherein the weight holder comprises a casing for receiving the at least one weight.
11. The device of claim 10, wherein the casing comprises a sheet of flexible material onto which the at least one weight has been positioned, said sheet then being folded over onto itself, thereby enveloping the at least one weight.
12. The device of claim 10, wherein the casing consists of metal, wood, adhering tape, vinyl, rubber, plastic, glue, epoxy, resin, polyethylene films, polyester films, or a combination of these.
13. The device of claim 10, wherein the casing further comprises a conformable portion for conforming to the contour of the face to which the weight holder is secured.

## Claims

What is claimed is:

1. A device for adding weight to a hockey stick blade having a first and a second face, each face having a contour,  
said device comprising  
at least one weight and  
a means for securing the at least one weight to either face of the blade,  
wherein the at least one weight is of a size and configuration as to fit within the surface area of the face to which it is secured.
2. The device of claim 1, wherein the at least one weight further comprises a metal portion.
3. The device of claim 1, wherein the at least one weight comprises a conformable portion for conforming to the contour of the face of the blade to which it is secured.
4. The device of claim 1, further comprising a plurality of weights and joining means for joining at least one of the weights to at least another of the weights, wherein the joined weights function as a unitary weight.
5. The device of claim 1, wherein the securing means comprises adhering tape.
6. A device for adding weight to a hockey stick blade having a first and a second face, each face having a contour,  
said device comprising  
at least one weight,  
at least one weight holder for holding at least one weight, and

14. The device of claim 10, wherein the casing is adapted to receive at least one removable weight.
15. The device of claim 10, wherein the casing is adapted to receive a plurality of weights of varying size and heaviness.
16. The device of claim 6, wherein the means for securing comprises adhering tape.
17. The device of claim 11, wherein the sheet of flexible material is adhering tape and the means for securing the casing is also adhering tape.
18. A method of using a device for adding weight to a hockey stick blade having a first and second face, each face having a contour,  
said device comprising  
at least one weight and  
means for securing the at least one weight to either face of the blade,  
wherein the at least one weight is of a size and configuration as to fit within the surface area of the face to which it is secured,  
said method comprising the steps of:
  - a) securing the weight to either face of the blade using the means for securing; and
  - b) practicing the game of hockey using a hockey stick comprising a blade to which said device has been secured as in step 1.
19. The method of claim 18, wherein the securing means comprises adhering tape and the securing step further comprises the steps of:
  - c) positioning the at least one weight to fit within the surface area of the first face of the blade;
  - d) conforming the at least one weight to articulate with the contour of the first face of

the blade;

e) wrapping the adhering tape around the second face of the blade and the at least one weight so as to bind the at least one weight to the blade.

20. The method of claim 18, wherein said device further comprises at least one weight holder comprising a casing for receiving the at least one weight; and wherein the at least one weight holder is of a size and configuration as to fit within the surface area of either face of the blade and the securing means comprises adhering tape; the securing step further comprising the steps of:

- a) positioning the at least one weight to fit within the surface area of the first face of the blade;
- b) conforming the at least one weight to articulate with the contour of the first face of the blade;
- c) wrapping the adhering tape around the second face of the blade and the at least one weight so as to bind the at least one weight to the blade.